



GROUP EXERCISE SCHEDULE

Fall: September 5 – October 29

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes					
5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am BodyCombat™ Express w/Kristen	5:15-5:45am BodyPump™ Express w/Kristen	5:15-5:45am BodyCombat™ Express w/Kristen	5:15-5:45 BodyBalance™ Express w/Kristen	
		6:00-7:00am Cycling Bootcamp w/Mary Lee		6:00-7:00am Cycling Bootcamp w/Mary Lee	
8:30-9:30am Zumba Gold® w/Laurie	8:30-9:30am Dance Party w/Laurie	8:30-9:30am Zumba Gold® w/Laurie	8:30-9:30am Dance Party w/Laurie	8:30-9:30am Zumba Gold® w/Laurie	
9:15-10:15am BodyPump™ w/Kristen	9:15-10:15am Circuit Training w/Billy	9:15-10:15am BodyBalance™ w/Kristen	9:15-10:00am Core & More w/Billy	9:15-10:15am BodyCombat™ w/Kristen	
10:30-11:15am SilverSneakers® Classic w/Kristen	10:30-11:15am SilverSneakers® EnerChi w/Anna Mae	10:30-11:15am SilverSneakers® Stability w/Laurie	10:30-11:15am SilverSneakers® w/Anna Mae	10:30-11:15am SilverSneakers® Classic w/Kristen	
Afternoon & Evening Classes					
	4:00-4:45 Yoga w/Mary Lee				*Schedule is subject to change based on class demand
6:00-7:00pm Zumba® w/Laurie	5:30-6:30pm Circuit Training w/Billy	6:00-7:00pm Zumba® w/Laurie	5:30-6:15 HIIT w/Billy		
		6:00-8:00pm Open Pickleball in Gymnasium	6:00-8:00pm Open Pickleball in Gymnasium		ALL fitness classes listed are FREE for members!